## **Georgetown Connections**

Center for Active Living

# The Newsletter October 2020

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**Temporary Hours** 

Monday 9am-1pm Tuesday 8am-1pm Wednesday 9am-1pm Thursday 8am-1pm Friday 9am-1pm

#### **Contact Us:**

Phone: 457-1170

457-3270

Address: 7100 8th Ave

Jenison, MI

49428

Georgetown Connection is now open to the public. We care about the well being of our community and want to make sure the high risk population at Georgetown Connections remains safe, which means last minute changes. Please check our Facebook page (GT Connections) or call us at 616-457-1170 if you have any questions.

Stay safe and healthy and we look forward to seeing you! Remember, masks are now REQUIRED inside GTC.



Wilma Quist came and entertained and brightened our spirits in September. We had a great time singing, dancing, and laughing. Look for more entertainment in this edition of "The Newsletter"

Lunch available Mondays, Wednesdays, & Fridays for pick-up.
You may choose from a hot meal, sandwich sack lunch, or a salad option.
Come to the center to pick up a menu. A suggested donation for the meals is appreciated as you pick up your meals.
Call the center to reserve your meals. You are able to reserve up to two meals per person per day.

Newsletter Online:
Georgetown-mi.gov
Click: GT Connections/Senior Center
Click: Newsletter(PDF)

To come to activities at the Center in October you must call ahead. Only 10 participants are allowed per activity unless otherwise noted or outside.

#### **Center Staff**

**Director:** Pam Haverdink pam.gtconnections@gmail.com

**Director's Assistant:** Mary Van Oeveren mary.vanoeveren@agewellservices.org

**Transportation Coordinator:** Dawn VanKoevering dawnparkwood@gmail.com

Rachelle Koetje rachelle.koetje@gmail.com

Administrative Coordinators: Paula Creswell paula.gtconnections@gmail.com

Marla Matthews marla.gtconnections@gmail.com

**Maintenance:** Dennis Wilson

Volunteer Secretaries: Jan Billin, MaryBeth Sackrison, Dee Shell,

Elaine Williams

**Kitchen Volunteers:** Dori Anderson, Nancy Berry, Karen Hordyk, Trevor

Aukerman, Marianne Shamery, Yvonne Watson, Sue DeBoode, Judy Tuffs, Janet Hauser, Barb Huitema

Pete Patsiavos, Phyllis Venema, Al Bosch

**Senior Advisory Board:** Todd Binsz, Jim Ruark, Norm Shamery, Pat Bekker, Jim Kerbel,

Kathy Konow **Board Meeting: Next Meeting TBA** 

**Librarian:** Bonnie TerAvest

**GT Connections:** In case of inclement weather GT will be closed when Jenison Public Schools are closed. Please watch Channel 8 or 13.

**Membership** is open to all men and women 55 and better. Cost is \$15 for resident and \$35 for non-resident. Membership is good January 1 thru December 31.

#### **Transportation**

Did you know that GT Connections not only uses its vehicles for trips planned by the Center, but also has a service for individuals who live in Georgetown Township who are at least 55 years old and/or have a special need? Contact the GT Connections' Transportation Department to get more information on how to become a transportation client. Phone # 457-1170.

- Reminder for Transportation Clients GT Connections Transportation must receive a phone call at least two hours prior to a scheduled ride if it needs to be cancelled.
- If we do not receive a two hour notice, it is our policy to still bill the client for the ride.

Our Drivers: Pam Burkholder, Dave Bruinsma, Jim Pell, Rick Steenbergen, Dave VanderPloeg, Les Van Wyk, John Vetter

<b>Bus Rates</b>				
ne Way Cost	Round Trip			
\$3.00	\$6.00			
\$3.00	\$6.00			
\$7.50	\$15.00			
\$6.00	\$12.00			
\$15.00	\$30.00			
\$20.00	\$40.00			
	\$3.00 \$3.00 \$3.00 \$7.50 \$6.00 \$15.00			



**Caring Hands of West Michigan** 

Crafty Ladies providing essential items for babies and toddlers. (Formerly Newborns In Need)
Contact: Sheila Paavo: 616-455-9625

Nancy Weykamp: 616-534-0493

**Dates: Thursday October 8** 

Time: 10:00am

#### **Commodities**

The Commodities Supplemental Food Program (CSFP) is a nutrition program designed to maintain or improve the nutritional intake of seniors over 60 years old. Seniors who are age 60+, live in Ottawa County, and have an annual income at or below \$16,588 for a household of one and \$22,412 for a household of two, are eligible for this program.

Dates: Tuesday Nov. 10 (no Oct. date)

Double pick-up

Time: 1:30pm - 2:30pm

**Hearing Clinic** 

Beltone is coming to check and recheck your hearing and or equipment. <u>Call Beltone</u> at 616-457-0028 if you need an appointment and schedule with Jourdan.

Date: TBD Cost: Free

**Legal Assistance for Seniors** 

Attorney Bill Westerbeke donates his time to help seniors with their legal questions. Please call him at 616-965-2060 for any questions and let him know you are a member of GT.

**Meijer Shopping Trips** 

Each Wednesday and Friday morning, Georgetown Transportation will drop you off at Meijer for shopping time. Call the Center to arrange pick-up.

Cost: \$6.00 round trip

Time: Weds 10:00am- 12:00pm

Fridays 9:30am-11:30am

#### **Podiatrist**

Please call Julie at 456-9744 to set up your appointment with David Smith, DPM.

Date: October 20, 8:00am-2:00pm Cost: Medicare/Medicaid will be

billed

#### **Foot Care with Pam Centeno**

Pam Centeno is an RN with experience in foot care. Her appointments will include: Soaking feet in warm soapy water, trimming toenails, assessing and sanding calluses, applying lotion with foot massage. Polish if requested is \$5 extra. Schedule half hour appointments with Pam at 616.822.9214

Date: Monday October 12

Time: Call Pam

Cost: \$25 payable to Pam

#### **Medicare/Medicaid Assistance**

Amy Florea is the GT Connections liaison for answering your questions. Call her at 1-800-442-0054.

Strongsteps by Ivy Rehab

This program is designed to evaluate and address balance deficits in the aging population. There will be 10 stations each client will go through having their balance assessed. At the end of the screen, Tyler, from Ivy Rehab, will give each client feedback through a report card.

Date: October 20

Time: Appointments between

11:00am & 1:00pm

**Face Masks at Georgetown Connections** 

Face Masks are Required while you are in the building. The CDC advises the use of simple cloth face coverings to slow the spead of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings can be fashioned from household items or made at home from common materials.



**Are you on Facebook?** Have you liked GTConnections yet? Make sure you do so you can receive updates on programs, photos, cancellation information and general GT Connections news.



#### **Classes and Weekly Events**

**Knitting and Crocheting** 

Join the group to socialize and knit or crochet together. Work on your own projects or create new items. Knitters are currently low on supplies and welcome donations of yarn, fabric material

and craft items. Thank you!

Days: Tuesdays Time: 12:00pm

**Currently meeting outdoors at a park. Please** 

call the center to find out more details.

**Computer Help with Val** 

Date: Wednesday, October 14

Time: 10:00am

Cost: Free Call the Center for an appointment

**Tech Lab with Mario Tuesdays:** 10:00am-noon **Cost:** \$25/hour

Call the Center for an appointment

**Book Browsing with Rob** (formally Books & Brunch)

Rob or Brittany from the GT Library will again be here to inform us on the latest library programs as well as discuss book titles that might be of interest to us.

Date: Thursday October 22

Time: 10:30am Cost: Free

#### **Book Club**

For those of you who love to read, each month each participant will be given a popular book to read and will enjoy a time of discussion on the book the following month. Books with discussion questions will be provided by Rob from the township library. Etta Robrahn will be facilitating here at the Center.

**Dates:** Wednesday October 28

Time: 12:30pm Cost: Free

# New Fellowship & Prayer (Temporary change from Bible Study)

Join us for a time of fellowship, Encouragement, and prayer with different pastors. Coffee will also be served following the service.

Dates: Fridays October 16, 23, 30

Time: 10:00am



We are looking for new members, no experience necessary. We will teach you what you need to know.



**Quilters welcome donations** of material of cotton & cotton polyester, thread and sewing supplies. These donations will be used for beautiful quilts that will be donated to non-profits or sold here at the Center.

**Days:** Mondays & Tuesdays

Time: 9:30am

#### Watercolor Painting Drop IN ONLY

Wednesday Drop-in (no

instructor)

Time: 9:15am-12:30pm



Friday Drop-in (no instructor)
Time: 9:30am-12:00pm
On going

# Exercise Classes with Kimberly Please call us for availability or to be placed on a waiting list for future classes. Thank you...

**Mondays** Better Balance

**Tuesdays**Fit and Strong

Flex and Stretch

#### Wednesdays

Move to Music

Line Dancing (Sue De Boode)

 Check for openings
 Gentle Yoga (openings available with Kathy Nobel)

#### **Thursdays**

Fit and Strong Flex and Stretch



Book Review





#### **Georgetown Connections Senior Activities for October**

Movie: "Little Women"

This movie (released December 2019) follows the lives of the four March sisters: Meg, Jo, Beth, and Amy and details their passage from childhood to womanhood. It is loosely based on the lives of the author (Louisa Mae Alcott) and her three sisters.

Sponsored by the Oaks of Byron Center. Thursdays Oct. 1, 8, 15 Date:

Time: 11:30am

Cost: \$1 for packaged snacks **Sponsor: The Oaks of Byron Center** 



**Scattergories Game** 

Join us for another creative-thinking category -based party game! Beginners are welcome! We will provide plenty of instruction & prizes.

**Tuesday October 20** 

Time: 11:30am

Movie: "The Guernsey Literary and Potato Peel Society

In 1946 a London-based writer begins exchanging letters with residents on the island of Guernsey, which was German-occupied during WWII. Feeling compelled to visit the island, she starts to get a picture of what it was like during the occupation.

Dates: Thursdays Oct. 22 & 29

Time: 11:30am

Cost: \$1 for packaged snacks

**Sponsor: The Oaks of Byron Center** 

**Morning Coffee Hour** 

Join us for a time of coffee and goodies. We thank our sponsors for treating us which includes Rivertown Ridge, American House, The Oaks of Byron Center, & Ivy Rehab!

Mondays: 10:30-11:30am Tuesdays: 11:00-12:00pm

Fridays: 11:00-12:00pm (after Prayer Service)

**Outdoor Hymn Sing with the Silvertones** Sponsored by Cook Family Services

Join us for an outdoor concert in the parking lot. The Silvertones will lead us in a hymn sing and we will be treated to apple cider and donuts! We thank Cook Family Services for sponsoring this event.

Date: Monday October 5

Time: 6:00pm

RSVP to Cook at 616-588-0632

#### **Haiti Seminar Karen See**

Karen and her family served as missionaries with Crossworld in Haiti for 20 years. During this presentation Karen will cover some history, her family's involvement, the earthquake of 2010 and the current situation there. Karen is eager to share her experiences including the friendships made there.

**Tuesday October 6** Date:

Time: 11:30am

Walking Group

Join us on Wednesday mornings for a group walk (weather permitting).

Wednesdays, 10-11:00am Dates & Time:

Saints and Spirits Walking tour **Caroline Cooke** 

Join us at Aquinas College, 1700 E. Fulton at the St. Thomas Aguinas outdoor sculpture for a walking tour with Caroline Cook. (There is an adjacent parking lot.) Learn about the property that was once a dairy farm, a proper estate, a business college and now a renowned Catholic academic institution. The tour will visit today's campus buildings that date from the original Lowe family era: the mansion, carriage house, stables, winery, and gatehouse. **Date:** Thursday October 8

Time: 1:00pm Cost: **\$10** 

Marty Miller Band Outdoor Concert

Join us for an outdoor concert in the parking lot! Marty Miller Band will be here to perform oldies as well as various familiar tunes. If interested, a cold sack lunch (sandwich or salad) from Age Well Services can be ordered when signing up. Bring your chair!

Date: Friday October 9

11:30am Time:



Flu Shots

Health Care Associates will be here to administer the flu vaccine. Please call the Center to schedule a time.

Date: Friday October 9 Time: 12:00-2:00pm Please bring your insurance

information.

**History of Jenison Seminar** Ken Williams

Join us as Ken informs us on the history of the Jenison area including the history of the area of our Senior Center.

Date: **Tuesday October 13** 

Time: 1:00pm



**Sheldon Meadows Drive-Thru Meals** 

Drive up to the main entrance of the Center for a complimentary meal to take home! Please call in your order no later than

Friday October 9. We thank Sheldon Meadows for their generosity!

Date: **Thursday October 15** 11:30am-12 noon Time:

Cooking for One (via Zoom)

It is just plain tough to make meals for one or two people on a daily basis. Amy Prins is back to help with ideas for Cooking for one or two. Enjoying sharing ideas with the group too.

Date: **Tuesday October 27** 

Time: 11:30am

#### ~ We Love Motor Coachin' ~

We are a West Michigan tour company with over 39 years of experience and we pride ourselves in providing area residents with memorable and enriching trips and tours. All our tours are via deluxe highway motorcoach, with departure points in Grand Rapids and Hudsonville.



'era Bradlev

April 17, 2020

\$159.00 per person



April 30 - May 3, 2020 Reserve your seat now, before it sells out!

Your Price: \$2,499.00 per person, double occ.\*



Muskegon, MI

JULY 3, 2020

\$139.00 per person



August 8, 2020

\$159.00 per person



#### WHITEWATER ADVENTURE TOUR

August 25 - 29, 2020

Your Price: \$1,399.00 per person, double occ.\*



Broadway in Chicago

AUGUST 26, 2020

Your Price: \$279.00 per person (\$100 deposit to hold your ticket)



Your Way Tour.

6th Annual Sept. 24 - 29, 2020

Your Price: \$1,489.00 per person, double occ.\*



Missouri Star Birthday Bash Quilt Co.

September 24 - 27, 2020

Your Price: \$729.00 per person, double occ.\*



Plymouth 400th Anniversary

#### PILGRIMS LANDING

October 4 - 10, 2020

Your Price: \$1,999.00 per person, double occ.\*



November 3-7 or November 10-14, 2020\*

Dates pending due to scheduling



Your Price: \$1,759.00 per person, double occ.\*



#### Shipshewana, IN

Four different dates and shows ... Same inclusions and location!!

May 14 - Stolen (\$139.00 per person) Aug 21 - Josiah for President (\$139.00 per person) Oct 24 - Oak Ridge Boys (\$169.00 per person)

Nov 19 - Christmas Tree Ship (\$139.00 per person)

New Series PLAYIN' HOOKY DAYS

4/10/20 - Frankenmuth (\$89.00)

6/19/20 - Fishtown (Leland, MI) (\$89.00)

6/26/20 - Frankfurt (\$89,00)

7/10/20 - Traverse City (\$89.00)

8/7/20 - Chicago (\$99.00)

9/11/20 - Petoskey (\$99.00) 10/9/20 - Charlevoix (\$99.00)

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#### ALL TOURS INCLUDE:

- · Transportation via deluxe highway motorcoach
- Tax and tips for all inclusions ~ driver tip is appreciated
- Services of a Countryside Tour Director

- · Breakfast snacks and coffee on early morning departures
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\*Single, triple, and quad rates also available; please call or visit our website for pricing.

> All multiple day tours will require a \$100.00 deposit to hold your seat

coun)(ryside tours

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616.636.4628 | PO Box 48, Sand Lake, MI 49343

www.countrysidetours.net

# RIVERTOWN IDGE

An active senior living community



**GT Connections Membership** is open to all men and women 55 and better. Cost is \$15 for resident and \$35 for non-resident. Membership is good January 1 thru December 31, we do not prorate this fee. Please make sure to sign the liability form and update your emergency information.

It is a requirement to be a member to participate in any activity at the Center.

You do not need to be a member if you are only coming to the Center for lunch.

- Our meal service is provided by Age Well Services of Muskegon
- Lunch can be picked up Mon, Wed, & Friday any time between 10:30-12:30pm
- Please sign up for hot meal at least 24 hours in advance.
- You pay for your food at the meal sign in table when you pick up your meal.
- Meal Cost for those over 60 years old; is a suggested donation based on your income.
- For those under 60 years old; please pay full price of \$6.00



Our services are FREE with NO OBLIGATION!



The Laurels of Hudsonville is a 108-bed skilled nursing and rehabilitation center with a recently renovated rehabilitation gym and private rehabilitation suites. We are located in a quiet residential neighborhood in Hudsonville, halfway between Grand Rapids and Zeeland, Michigan near Zeeland Hospital and minutes from an interstate highway that leads to the downtown Grand Rapids hospitals.

<u>Programs offered</u>: Orthopedic Unit, Neuro Rehabilitation Program, IV Therapy, CHF Recovery Program, Infection Resolution Program, Wound Healing & Wound Prevention Program, Respiratory Program, Post Surgical Delirium Program, Digestive Diseases Program, Memory Care Program, Dialysis Support, Palliative Care Program, Parkinson's Disease Program, Post Assisted Living Care, Prepare Program, Restorative Care.

To learn more about The Laurels of Hudsonville or to schedule a tour, please call us at (616) 669-1520 or contact our Marketing Director at dtoric@laurelhealth.com 3650 Van Buren St Hudsonville, MI 49426







#### **Health Care Associates Community Care Givers HCAT**

**Health Care Associates** offers a complete network of home-care related services. Spinal cord injuries, respite care, closed head injuries, auto accidents, Alzheimer's care, Assisted Living at Home

**Community Care Givers** offers a completed spectrum of home-care services for individuals that want to rehab in the comfort of their home. This service is covered by Medicare or insurance including the following:

Occupational Therapy, Physical Therapy, Skilled Nursing, Social Work, Speech Pathologist

**HCAT** is a personalized transportation service with licensed staff.

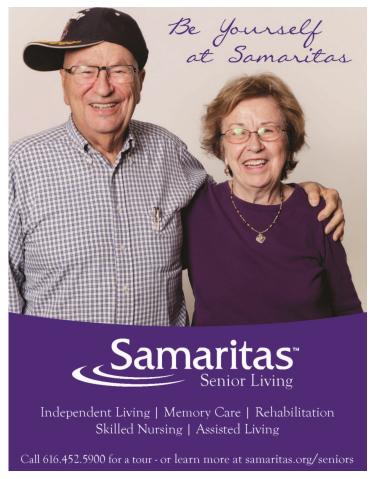
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American House Jenison (616) 777-5575 8001 Cottonwood Dr. | Jenison, MI 49428

AmericanHouse.com

Breaking New Ground in Senior Living™

(A)

Independent Living | Assisted Living | Memory Care



Yes, hospice can be a difficult word for many people. Some associate hospice care with giving up or admitting that there isn't much time left. The truth is that hospice care isn't about dying. Hospice care is about living. It's about helping individuals improve quality of life to make the most of each and every day.

Once our team of experts gets involved, many patients and families say, "I should have called hospice sooner." The good news is that you can. Simply pick up the phone, and we will come to you, no matter where that may be. We'll evaluate patient and family needs and provide a best course of action. . . for everyone.





# 59,000 sq ft facility, easy access of M6 at Metro Health Village

#### What is HealthBridge?

HealthBridge Post-Acute Rehabilitation is a short term skilled nursing and rehabilitation center. The goal at HealthBridge is to help get you home as soon as possible after an illness, injury, or surgery. (Average length of stay is 8 days)

Services offered: Physical Therapy, Occupational Therapy and Speech Therapy • Patient centered care • Therapy offered Seven days a week • 65 Private Suites and private bath • Spacious café lounge and dining area • Chef on site preparing fresh and nutritious meals based on patient selection and diet restrictions • Registered Dietitian on site available Monday to Friday • Accepts all major health insurance programs

Do you have an upcoming surgery scheduled? Schedule your tour today to learn how we can help you. Contact: Maria.Robertson@HealthBridgeGR.com

HealthBridge is located at the Metro Health Village - 2060 Health Drive SW, Wyoming, MI Visit our website at HealthBridgeGR.com

#### Therapy Suite



#### Rehabilitation to Home



#### 3000 Square -foot gym



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#### Katie Reimink

Administrator, BSW

PH: 616.457.6010 FX: 616.457.8889 141-151 Port Sheldon Rd. Grandville, MI 49418

katie.reimink@baruchsls.org www.georgetownandcambridgemanors.org



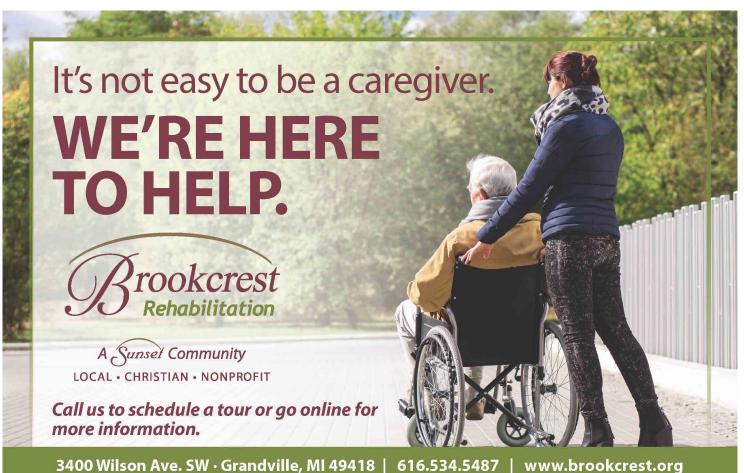
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Thread
Fabric (cotton & cotton polyester)
Sewing Supplies







#### **Welcome New Members!**

Jane Roehm Bonnie Bliss Stella Hwalisz Carole Agema Flo Schreur Ann Martin Dee McVicker Marty Labadie Francine VanderMolen

Cloth Face coverings should:

- Fit snugly but comfortably against the side of the face
- Be secured with ties or ear loops
- Include multiple layers of fabric
- Allow for breathing without restriction
- Be able to be laundered and machine dried without damage or change to shape.



Homemade masks available for purchase at the center.

**Gifts in Memory** 

Keep memories alive while giving the gift of hope. Please consider a memorial gift to GT Connections to honor the memory of your beloved family member or friend.

#### **Gifts Certificates**

are available to GT Connections. They make great birthday, Mother's Day, Father's Day and Christmas presents.

#### Gracious, Affordable Senior Living in a Luxurious Residential Setting



Personal Service



Fine Dining



Fun & Fellowship

For more information and to schedule a tour, call (616) 662-8191.



### Sheldon Meadows Assisted Living

4482 Port Sheldon Street | Hudsonville



www.HeritageSeniorCommunities.com



#### **Cancellation Policy**

The GT Connection's Staff must receive a phone **call at least 24 hours prior to a cancelled event.** If we do not receive notice there will be no refund. **If a ticket has been purchased for an event, money cannot be refunded unless there is a person to take the replacement of the ticket.** This adjustment was made due to the growth of the Center and the time administratively it takes the staff to maintain records.

The GT Connection Staff is committed to providing you with excellent customer service.



### David S. Miedema 616-437-4392

david@davidmiedema.com www.davidmiedema.com







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you call

Call for your appointment today:

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#### WCET

Have you ever wanted to be in show business? Now is your opportunity! WCET is looking for volunteers to run cameras, announce sporting events, film concerts, parades and special events. No experience is necessary. They will train you. WCET is your community television station and without volunteers, WCET may not be able to cover the important community events.



Outdoor Concert with Wilma!

# Thank You to our Sponsors who help keep down the costs for our programs!

Allendale Rehab American House

Baruch Senior Ministries

(Georgetown & Cambridge Manors)

Beltone

Cook Family Services

David Miedema Realty Inc.

Faith Hospice

HealthBridge

Health Care Associates

Hospice of Holland

Lake MI Credit Union

Law Offices of David Carrier

Leaves Personal Care

Rainbow Grill

Rivertown Ridge

Samaritas

**Sheldon Meadows** 

Spectrum Health Zeeland

Sunset Retirement Communities

Vista Springs Assisted Living & Memory

Waldon Woods

# October 2020

2	Monday	Tuesday	Wednesday	Thursday	Friday
S-11:00 Exercise   9:30 Quilting   11:00 Pick up Meals   12:30 Knit/Crochet   12:00 Fick up Meals   12:30 Fice Fick   12:00 Fick up Meals   12:30 Fice Fick   12:00 Fick up Meals   12:30 Knit/Crochet   12:00 Fick up Meals   12:30 Fice Fick   12:00 Fick up Meals   12:30 Fick	anyone 2 = Moderate but accessible 3 = Must be a good walker or			8-11:00 Exercise <b>11:30 Movie</b> 1:30 Boost Your	9:30 Watercolor 9:30 Meijer 11:00-12:00 Coffee 11:00 Pick up
9-10:15 Exercise 9:30 Quilting 9:30 Foot Care with Pam C. 10:30-11:30 Coffee 11:00 Pick up Meals  11:00 Pick up Meals  20 9-10:15 Exercise 9:30 Quilting 11:00 Pick up Meals  20 9-10:15 Exercise 9:30 Podiatrist 8-11:00 Exercise 9:15 Watercolor 10:00 Group Walk 10:00 Computer Help with Val 11:00 Pick up Meals  6:30 Gentle Yoga  21 9-10:15 Exercise 9:30 Quilting 10:30-11:30 Coffee 11:00 Pick up Meals  8-11:00 Exercise 9:30 Watercise 9:30 Weijer 10:00 Pray Service 11:00 Pick up Meals  11:00 Pick up Meals  11:00 Exercise 9:15 Watercolor 10:00 Computer Help with Val 11:00 Pick up Meals 11:00 Pick up Meals 11:00 Exercise 9:15 Watercolor 10:00 Group Walk 11:00 Pick up Meals 11:30 Movie 11:00-12:00 Exercise 9:30 Watercise 9:30 Meijer 10:00 Pray 10:30 Book 10:	9-10:15 Exercise 9:30 Quilting 10:30-11:30 Coffee 11:00 Pick up Meals 6:00 Outdoor Hymn Sing with the	8-11:00 Exercise 9:00 Quilting 11:00-12:00 Coffee <b>11:30 Haiti Seminar</b>	9-12:30 Exercise 9:15 Watercolor 10:00 Meijer 10:00 Group Walk 11:00 Pick up Meals	8-11:00 Exercise 10:00 Caring Hands 11:30 Movie 1:00 Caroline Cook Walking Tour 1:30 Boost Your	9:30 Watercolor 9:30 Meijer 11:00 Pick up meals 11:00-12:00 Coffee 11:30 Outdoor Marty Miller Band Concert 12:00-2:00
9-10:15 Exercise 9:30 Quilting 10:30-11:30 Coffee 11:00 Pick up Meals  8-2:00 Podiatrist 8-11:00 Exercise 9:00 Quilting 11:00-12:00 Coffee 11:00 Strongsteps 11:30 Scattergories Game 12:30 Knit/Crochet  9-10:15 Exercise 9:15 Watercolor 10:00 Meijer 10:00 Group Walk 11:00 Pick up Meals 11:30 Movie 1:30 Book Browsing with Rob 11:30 Movie 1:30 Book 11:00-12:00 11:00 Pick up Meals 11:30 Movie 1:30 Boost Your Brain  9-10:15 Exercise 9:30 Quilting 10:30-11:30 Exercise 9:15 Watercolor 10:00 Fraye 10:00 Fraye 10:00 Praye 10:00 Praye 11:00 Exercise 9:30 Watercolor 10:00 Praye 11:00-12:00 Exercise 9:30 Watercolor 10:00 Praye 11:00-12:00 Exercise 9:30 Watercolor 10:00 Praye 11:00-12:00 Exercise 9:30 Watercolor 11:00-12:00 Praye 11:00-12:00 Praye 11:00 Exercise 9:30 Watercolor 11:00 Pick up Meals 11:30 Movie	9-10:15 Exercise 9:30 Quilting 9:30 Foot Care with Pam C. 10:30-11:30 Coffee	8-11:00 Exercise 9:00 Quilting 11:00-12:00 Coffee 12:00 Knit/Crochet 1:00 History of Jenison	9-12:30 Exercise 9:15 Watercolor 10:00 Meijer 10:00 Group Walk 10:00 Computer Help with Val 11:00 Pick up Meals	8-11:00 Exercise 11:30 Movie 11:30 Drive-thru Meals from Sheldon Meadows 1:30 Boost Your	9:30 Watercolor 9:30 Meijer 10:00 Prayer Service 11:00-12:00 Coffee 11:00 Pick up
9-10:15 Exercise 9:30 Quilting 9:10:30-11:30 Coffee 9:00 Quilting 10:30-11:30 Coffee 9:10 Coffee 9-12:30 Exercise 9:10:00 Meijer 9-12:30 Exercise 9:30 Watercolor 9:30 Meijer 9:30 Meijer 10:00 Praye	9-10:15 Exercise 9:30 Quilting 10:30-11:30 Coffee	8-2:00 Podiatrist 8-11:00 Exercise 9:00 Quilting 11:00-12:00 Coffee 11:00 Strongsteps 11:30 Scattergories Game	9-12:30 Exercise 9:15 Watercolor 10:00 Meijer 10:00 Group Walk 11:00 Pick up Meals	8-11:00 Exercise 10:30 Book Browsing with Rob 11:30 Movie 1:30 Boost Your	9:30 Watercolor 9:30 Meijer 10:00 Prayer Service 11:00-12:00 Coffee 11:00 Pick up
One (via Zoom) 11:00 Pick up meals 11:00-12:00	9-10:15 Exercise 9:30 Quilting 10:30-11:30 Coffee	8-11:00 Exercise 9:00 Quilting 11:00-12:00 Coffee 11:30 Cooking for One (via Zoom)	9-12:30 Exercise 9:15 Watercolor 10:00 Meijer 10:00 Group Walk 11:00 Pick up meals 12:30 Book Club	8-11:00 Exercise 11:30 Movie	9:30 Watercolor 9:30 Meijer 10:00 Prayer Service 11:00-12:00 Coffee 11:00 Pick up

## **Georgetown Connections Mission Statement**

Georgetown Connections is a community focal point on aging where older persons as individuals or in groups come together for services and activities which enhance their dignity, support their independence and encourage their involvement in and with the community. As part of a comprehensive community strategy to meet the needs of older persons, our programs take place within and emanate from the facility. These programs consist of a variety of services and activities in such areas as education, creative arts, recreation, advocacy, leadership development, employment, health, nutrition, social work and other supportive services. GT Connections also serves as a community resource for information on aging, for training professionals and lay leadership and for developing new approaches to aging problems.

#### **Activity Policy**

The GT Connection's Staff must receive a phone call at least 24 hours prior to a canceled event. If we do not receive notice there will be no refund. If a ticket has been purchased for an event, money cannot be refunded unless there is a person to take the replacement of the ticket. This adjustment was made due to the growth of the Center and the time administratively it takes the staff to maintain records. The GT Connection's Staff is committed to providing you with excellent customer service.

Georgetown Connections 7100 8th Avenue Jenison, MI 49428